

CARVER PUBLIC SCHOOLS

WELLNESS PLAN

MARCH 17, 2025



WELLNESS COMMITTEE MEETINGS

- The Wellness Committee met 4 times over the course of the year
- The goal of the committee was to review and revise the districts Wellness Plan with a focus of adding information about mental health and wellness
- The Committee was made up of teachers, students, administration, parents and community members



CARVER PUBLIC SCHOOLS WELLNESS COMMITTEE MEMBERS

Jesse Boyle
Deputy Fire Chief

Christine Cabral
Interim Principal, CMHS

Renee DeMarsh
Phys. Ed. Teacher, CES

Jessica Foley, R.N.
School Nurse, CMHS

Sarah Goldstein, R.N.
School Nurse, CES

Miriam Gori
Parent Representative

Jacqueline Lake
Parent Representative

Scott Knief
Superintendent of Schools

Dr. Jessica Penalla
Associate Principal, CES

Michael Santos,
Comprehensive Health Chair, CMHS

Karen Showan, R.N.
School Nurse

Dr. Naomi Stahl
Associate Principal, CES

Meghan Quirke
DFC Grant Director

Theresa Vernazzaro
Dir. of Food & Nutrition Services

Cathleen Voss
Parent Representative

Reed Doherty
Student Representative, Gr. 6

Gina Marie Russell
Recording Secretary



CARVER PUBLIC SCHOOLS WELLNESS COMMITTEE GOALS

- Promote community and staff involvement in supporting wellness.
- Develop lifelong skills and habits that focus on wellness as an essential part of the comprehensive learning environment.
- Create more opportunities for students to engage in physical activities that promote movement and exercise.
- Support and promote balanced dietary habits that contribute to students' health and academic success.
- Promote community and staff involvement in supporting wellness.
- Develop respectful and responsible citizens through the promotion of wellness.
- Maintain a district-wide Wellness Committee



CARVER PUBLIC SCHOOLS WELLNESS PLAN UPDATES

PHYSICAL EDUCATION | COMPREHENSIVE HEALTH

- Added information about Health courses and curriculum at the Middle High School and the Elementary School
- *“This program will promote a sense of belonging, and support mental health and well-being along with the development of social and emotional skills including self-awareness, self-management, self-care, social awareness, and relationship skills”*



CARVER PUBLIC SCHOOLS WELLNESS PLAN UPDATES

HEALTH OFFICES

- Plan did not contain any information about services of the Health Office in either building.
- Added a statement in regards to services provided in both offices at the middle high school and the elementary school.



CARVER PUBLIC SCHOOLS WELLNESS PLAN UPDATES

STUDENT SUPPORT | GUIDANCE

- We added information about the guidance services and supports in both the Elementary and Middle High School.
- The revision contains information about both academic and social emotional support



CARVER PUBLIC SCHOOLS WELLNESS PLAN UPDATES

COMMUNITY SERVICES

- We added a section about wrap-around services available families
- We have two community partnerships that allow us to refer families for support
 - **Family Support Partnership (FSP)**
 - **Plymouth County HUB**



CARVER PUBLIC SCHOOLS WELLNESS PLAN UPDATES

STAFF WELLNESS



ALL ONE
HEALTH

Employee
Assistance Program

CARVER PUBLIC SCHOOLS WELLNESS PLAN COMMUNICATIONS

- [Community Flyer](#)
- Plan posted and available on www.carver.org and printed copies available through school offices.

